

DERMAL FILLER

PRE-TREATMENT AND POST-TREATMENT ADVICE

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PRE-TREATMENT ADVICE

- + Start by booking a consultation with one of our experienced Cosmetic and Wellness Team – they will be able to advise you on the most appropriate treatment to achieve your desired results.
- + Mild swelling and tenderness may be expected for 2-3 days after treatment so don't plan on doing anything too strenuous.
- + You can take paracetamol before the treatment so please tell us if you have and makeup can be applied after chatting to our Team.
- + Hydrate – make it a priority to be well-hydrated pre and post treatment for best results.
- + Avoid consuming more than 2 glasses of alcohol for at least 24 to 48 hours before treatment...don't stress, a glass of red with dinner is still allowed.
- + Try to limit supplements that increase bruising and bleeding - if a medication is prescribed by your doctor chat to them or our medical team before the treatment.

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POST-TREATMENT ADVICE

WHAT TO EXPECT DURING AND IMMEDIATELY AFTER YOUR TREATMENT:

- + Be patient. Some results are instant; others may take up to 2 weeks to become visible.
- + Swelling, bruising, tenderness and stinging following injections are common and should reduce over the next 2-3 days or as advised by a member of our Team. The tightness may last longer – you're welcome.
- + You may initially feel lumps or firmness in the area treated (especially lips), this is due to the product and will soften over time.
- + Apply cool compresses for 20 minutes every 2 hours after treatment if swelling or bruising. Hirrudoid cream can be applied liberally to the area for the first 2-3 days.
- + If you notice colour changes in the area treated ie darker or lighter please call our Team (especially if you've had your nose treated).
- + Only massage the treated area if you're instructed by a member of our Team and continue your normal skin care regime (cheeks and midface can be especially tender).
- + Headaches are common after injections in the face (especially temples) so please feel free to have paracetamol and get in touch with our team if they continue for more than 24 hours.
- + Limit strenuous exercise or activity (something light is fine if our Team agrees), Aspirin or ibuprofen, alcohol and extended UV exposure for 24-48 hours.
- + AVOID the following for the remainder of the day: Saunas, spas, excessive heat and sweating and if you're a swimmer ask us what goggles you should be using (especially for under-eye filler).